

The public health nurse is presenting a health promotion class to a group of new mothers. How should the nurse best define health?

- A) Health is being disease free.
- B) Health is having fulfillment in all domains of life.
- C) Health is having psychological and physiological harmony.
- D) Health is being connected in body, mind, and spirit.**

A nurse is speaking to a group of prospective nursing students about what it is like to be a nurse. What is one characteristic the nurse would cite as necessary to possess to be an effective nurse?

- A) Sensitivity to cultural differences**
- B) Team-focused approach to problem-solving
- C) Strict adherence to routine
- D) Ability to face criticism

With increases in longevity, people have had to become more knowledgeable about their health and the professional health care that they receive. One outcome of this phenomenon is the development of organized self-care education programs. Which of the following do these programs prioritize?

- A) Adequate prenatal care
- B) Government advocacy and lobbying
- C) Judicious use of online communities
- D) Management of illness**

4. The home health nurse is assisting a patient and his family in planning the patient's return to work after surgery and the development of postsurgical complications. The nurse is preparing a plan of care that addresses the patient's multifaceted needs. To which level of Maslow's hierarchy of basic needs does the patient's need for self-fulfillment relate?

- A) Physiologic
- B) Transcendence
- C) Love and belonging
- D) Self-actualization**

5. The view that health and illness are not static states but that they exist on a continuum is central to professional health care systems. When planning care, this view aids the nurse in appreciating which of the following?

- A) Care should focus primarily on the treatment of disease.

**B) A person's state of health is ever-changing.**

**C) A person can transition from health to illness rapidly.**

D) Care should focus on the patient's compliance with interventions.

A group of nursing students are participating in a community health clinic. When providing care in this context, what should the students teach participants about disease prevention?

A) It is best achieved through attending self-help groups.

B) It is best achieved by reducing psychological stress.

C) It is best achieved by being an active participant in the community.

**D) It is best achieved by exhibiting behaviors that promote health.**

7. A nurse on a medical-surgical unit has asked to represent the unit on the hospital's quality committee. When describing quality improvement programs to nursing colleagues and members of other health disciplines, what characteristic should the nurse cite?

A) These programs establish consequences for health care professionals' actions.

B) These programs focus on the processes used to provide care.

C) These programs identify specific incidents related to quality.

**D) These programs seek to justify health care costs and systems.**

Nurses in acute care settings must work with other health care team members to maintain quality care

while facing pressures to care for patients who are hospitalized for shorter periods of time than in the

past. To ensure positive health outcomes when patients return to their homes, what action should the

nurse prioritize?

A) Promotion of health literacy during hospitalization

B) Close communication with insurers

**C) Thorough and evidence-based discharge planning**

D) Participation in continuing education initiatives

You are admitting a patient to your medical unit after the patient has been transferred from the emergency department. What is your priority nursing action at this time?

**A) Identifying the immediate needs of the patient**

B) Checking the admitting physician's orders

C) Obtaining a baseline set of vital signs

D) Allowing the family to be with the patient

A nurse on a postsurgical unit is providing care based on a clinical pathway. When performing assessments and interventions with the aid of a pathway, the nurse should prioritize what goal?

**A) Helping the patient to achieve specific outcomes**

B) Balancing risks and benefits of interventions

- C) Documenting the patient's response to therapy
- D) Staying accountable to the interdisciplinary team

Nurses have different educational backgrounds and function under many titles in their practice setting. If a nurse practicing in an oncology clinic had the goal of improving patient outcomes and nursing care by influencing the patient, the nurse, and the health care system, what would most accurately describe this nurse's title?

- A) Nursing care expert
- B) Clinical nurse specialist**
- C) Nurse manager
- D) Staff nurse

A hospice nurse is caring for a patient who is dying of lymphoma. According to Maslow's hierarchy of needs, what dimension of care should the nurse consider primary in importance when caring for a dying patient?

- A) Spiritual
- B) Social
- C) Physiologic**
- D) Emotional

A nurse is planning a medical patient's care with consideration of Maslow's hierarchy of needs. Within this framework of understanding, what would be the nurse's first priority?

- A) Allowing the family to see a newly admitted patient
- B) Ambulating the patient in the hallway
- C) Administering pain medication**
- D) Teaching the patient to self-administer insulin safely

A medical-surgical nurse is aware of the scope of practice as defined in the state where the nurse provides care. This nurse's compliance with the nurse practice act demonstrates adherence to which of the following?

- A) National Council of Nursing's guidelines for care
- B) National League for Nursing's Code of Conduct
- C) American Nurses Association's Social Policy Statement**
- D) Department of Health and Human Service's White Paper on Nursing

When the nurse encourages a Native American to seek health counsel from the tribe's shaman, the nurse is following the tenets of

- a. King.
- b. Leninger.**
- c. Pender.
- d. Rogers.

The nurse using the World Health Organization (WHO) description of health bases care on the premise that health is

- a. a gift from a higher being.
- b. any disease-free condition.
- c. complete mental, physical, and social well-being.**
- d. high-level functioning despite illness.

The nurse planning a health promotion program with clients in the community will focus least on

- a. assisting the clients to make informed decisions.
- b. organizing methods to achieve optimal mental health.
- c. providing information and skills to maintain lifestyle changes.
- d. reducing genetic risk factors for illness.**

A holistic belief system by the nurse would be most evident if the nurse

- a. accepts death as an outcome of life.
- b. encourages behavior modification programs.
- c. incorporates client perceptions of health when planning care.**
- d. supports goal-directed learning to improve health.

The nurse recognizes the activity that reflects primary prevention is

- a. a self-initiated walking regimen.**
- b. collaboration with a physical therapist.
- c. physician-prescribed exercise after a heart attack.
- d. tuberculosis screening.

The nurse is planning a community STD (sexually transmitted disease) screening fair. This activity would be considered

- a. epidemiologic prevention.
- b. primary prevention.
- c. secondary prevention.**
- d. tertiary prevention.

The nurse is counseling an overweight young man on entry into a weight reduction and exercise program.

The nurse is aware that the client is most likely to begin and maintain the program if he

- a. can envision himself as thinner.
- b. feels competent about making the change.**
- c. has read about the program.
- d. is aware of being overweight.

The nurse is caring for a 35-year-old client at risk for cardiovascular disease. The client states he is aware

that he must "maintain a low-fat diet." Using the Transtheoretical Model and Stage of Change, the nurse

assesses that this client is at the stage of

a. action.

**b. contemplation.**

c. maintenance.

d. pre-contemplation.

The nurse can "empower" a client in adjusting to the changes associated with the chronic effects of non-insulin-dependent diabetes mellitus by

a. explaining that concerns about vision changes are premature at this point.

b. explaining the pathophysiology of the disease.

c. informing the client about the different types of insulin.

**d. teaching the client how to minimize complications**

Suggestions that a home health nurse could make to an elderly client with cataracts to reduce the risk of falls in his home would include

a. arranging scatter rugs to prevent slipping on the hardwood floor.

b. using lower-illumination bulbs to prevent eyestrain.

**c. using night lights in every room.**

d. wearing soft-soled house shoes indoors.

During a nursing history before a physical exam, a nurse identifies a client as being in a violent relationship. The most important intervention by the nurse at this time is to

a. ask the physician to order a series of x-rays to look for old broken bones.

b. call the police if the abusive partner is in the waiting room.

**c. help the woman develop an individual plan to diminish future abuse.**

d. refer her to the local battered women's shelter.

A client is having a physical examination and asks the nurse if his father, age 76, should have the same prostate cancer screening that he is having. The nurse bases her answer on knowledge that

a. a simple blood test is all that is required for prostate cancer screening.

b. all men, regardless of age, need routine prostate cancer screening.

**c. men over age 70 generally do not need routine prostate screening.**

d. only members of certain high-risk ethnic groups need regular screening.

Clara Barton is known for: **founding the American Red Cross**

The primary purpose of the Social Security Act of 1935 was to: **ensure health care for older adults through a national insurance system.**

8. A client asks the nurse, "Can you explain Medicare, an amendment to the Social Security Act?" The nurse responds that Medicare: **ensured that individuals ages 65 and older and those with end-stage renal disease or permanent disabilities had health care insurance.**

A prospective nursing student who researches universities that offer a baccalaureate degree in nursing would want to ensure that the program is accredited by the: **Commission on Collegiate Nursing Education.**

Nursing in the 1990s was characterized by: **a focus on preventable diseases**

would provide health care benefits to millions who were previously uninsurable or unable to afford insurance: **The Affordable Care Act of 2011**

1. Which of the following statements is correct?

- a. Health promotion can refer to any event, process or activity that facilitates the protection or improvement of the health status of individuals, groups, communities or populations.
- b. The objective of health promotion is to prolong life and to improve quality of life.
- c. Health promotion practice is often shaped by how health is conceptualized.
- d. all of these**

Which of the following charters defined health promotion as 'the process of enabling people to increase control over, and to improve, their health'.

- a. Charter of the United Nations (1945)
- b. Tokyo Charter (1946)
- c. Ottawa Charter (1986)**
- d. none of these

This approach to health promotion is based on the assumption that humans are rational decision-makers, this approach relies heavily upon the provision of information about risks and benefits of certain behaviours.

- a. behaviour change approach**
- b. community development approach
- c. biomedical approach
- d. none of these

This approach to health promotion aims to improve and promote health by addressing socioeconomic and environmental determinants of health within the community.

- a. behaviour change approach

**b. community development approach**

- c. biomedical approach
- d. none of these

This approach to health promotion is synonymous with health education as it aims to increase individuals' knowledge about the causes of health and illness.

**a. behaviour change approach**

- b. community development approach
- c. biomedical approach
- d. none of these

A systematic review of fear appeal research by Ruiter, Kessels, Peters and Kok (2014) concluded that \_\_\_\_\_.

- a. fear tactics are the most appropriate strategy to promote healthy behaviour
- b. presenting coping information that increases perceptions of response effectiveness may be more effective in promoting healthy behaviour than presenting fear arousing stimuli**
- c. no conclusions can be made concerning the effectiveness of fear tactics in promoting healthy behaviour
- d. none of these

\_\_\_\_\_ refers to the application of consumer-oriented marketing techniques in the design, implementation and evaluation of programmes aimed towards influencing behaviour change.

- a. Health education
- b. Social marketing**
- c. Consumer health
- d. none of these

Which of the following is a criticism of the behaviour change approach to health promotion?

- a. It is unable to target the major causes of ill health.
- b. The choice of which behaviour to target lies with 'experts' whose task it is to communicate and justify this choice to the public.
- c. The behaviour change paradigm does not address the many variables other than cognitions that influence human actions.
- d. all of these**

Which of the following is a characteristic of the community development approach to health promotion?

- a. Improving individual attitudes and beliefs are key to successful health promotion.
- b. There is a close relationship between individual health and its social and material contexts, thus are relevant when developing initiatives for change.**
- c. Individuals need to change personal behaviour rather than to change the environment to promote health.
- d. all of these

Which of the following approaches to community psychology aim to connect intra-community processes with the broader socio-political context?

- a. behaviourist approach
- b. accomodationist approach
- c. critical approach**
- d. none of these



